



Winter 2021-2022  
Dec · Jan · Feb

# Alpine Runners

ALPINERUNNERS.COM

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## A Note from the President

2022 is almost upon us. How did that happen? We are not back to “normal,” and everything is not as it used to be. But it does look like the major fall races have passed the test without any major hitches, and we are game on!

Many of us took the opportunity to volunteer at the Chicago Marathon. It was a beautiful day to be in downtown Chicago, and it was rewarding helping fellow runners meet their goals. For those of us who haven't wanted or been able to run any races during the time of COVID-19, this may have been what we needed to get ourselves reenergized. For most of us, it was really, really nice to feel the energy of a large race and to once again experience the camaraderie of the running community. Aside from international travel, where there are still some restrictions, it is great to know that we are now—for the most part—free to plan, to run, and to race!

But while we may do so, we must also be wise.

As a club, we are always trying to ensure that our groups are running and gathering safely, so we will continue to act responsibly when organizing club events.

We also need to run responsibly. Following some simple rules of the road will help protect us from injury:

- Run single file on main roads. We all like to chat with our friends, but they can hear us just fine when they are in front of or behind us! For your own safety and that of others, it is very important to not be running three and four abreast on Old Rand Road and other main roads.
- Remember to dress appropriately for the weather this winter and to wear lights! Most of us run with flashing lights and headlamps. It is now very dark very early, and we need to look out for ourselves and take proper precautions, because we are often on streets that are not well lit.

## A Note from the President (continued)

On another note, please be welcoming of new members. We have had many newcomers this fall—all anxious to get out and running with a group, just as we all were once upon a time. I know some of us have settled into smaller pandemic groups, but remember to look around and be sure no one is running alone. That is why we are here, and that is why we keep coming back: to look out for each other.

Also, watch the Alpine Weekly Announcements for event updates. Although we will not be having any indoor gatherings at this time, we will be having our annual Alpine Runners Holiday Runs on Thanksgiving Day and Christmas Eve starting at 7:00 a.m., and New Year's Day starting at 9:00 a.m. These runs will start in the parking lot of the Village Tavern in Long Grove (135 Old McHenry Road). The club will supply water and Gatorade at miles 3 and 7 of the course. The 3-mile stop is located at 21370 Andover Road and the 7-mile stop is on the south side of Cuba Road. See turn-by-turn instructions on the next page.

Many Alpiners will also be participating in another annual event, the S-NO-W Fun Run at the Grand Geneva Resort & Spa in Lake Geneva. It is a 5-mile race being held on January 8th, 2022. The theme is "Decades." For more information, go to [www.snowfunrun.org](http://www.snowfunrun.org).



**Chicago Marathon 2021—All set up and taking a break before the runners come our way!**

# Holiday Run Route

## Directions for Long Grove 10.5-mile Holiday Course (or 6-mile Out and Back):

- Start from the parking lot of the Village Tavern in Long Grove
- Left onto Old McHenry Road
- Left onto Cuba Road
- Stay on Cuba Road for a long time.
- If doing a 6-mile run, stay on Cuba until you reach Quentin Road, then turn around and go back the way you came. If doing a 10.5-mile run, follow the remaining directions.
- Stay on Cuba until you reach Hickory Hills (the Farmington subdivision entrance). Turn left onto Hickory Hills.
- Quick left onto Andover
- Right onto Middleton
- Right onto Long Grove Road
- Right onto Buffalo Run (this is the last street before you get to Route 12)
- Buffalo Run becomes Linden Lane, which will curve to the right
- Left onto Grove Road
- Left onto North Boschome Drive
- Right on Quentin
- Right on Cuba
- Cuba back to Old McHenry
- Right on Old McHenry to the Village Tavern

# Alpine Updates

- At this time, we will not be planning the annual holiday party unless certain state restrictions, such as the indoor mask mandate, are lifted. We will continue to monitor state guidelines and make plans accordingly.
- If you're looking for a reason to get out on some of these wicked or windy days, watch for the Alpine Alphabet Letter Post Challenge on our Facebook page.
- The Alpine Board is still looking for members to participate on the 2022 slate. We will have a few openings this year. I received a couple offers of help after the last newsletter, and I thank those individuals who stepped up. But we could use a few more! We would like to divide and conquer the club responsibilities. So if you haven't thought about it yet, now is the time ... email me at [mary@alpinerunners.com](mailto:mary@alpinerunners.com), and you won't look back! If you need inspiration, look at the profiles on pages 5-10 detailing how past and current volunteers got started.
- The club also still has open committee positions in community outreach, marketing, water stops, sponsorships, and club event planning, and we are also looking for someone with web-design experience.
- We're always looking for additional sponsors to help support our club. If you know of a local business that would like to contribute as an Alpine sponsor, email Bill Kelley at [wkelly1@gmail.com](mailto:wkelly1@gmail.com).

# Thoughts From a Runner

A Sport for All Ages  
by Jules Cohn

Who would have thought that a simple form of running (jogging) would be a major sport for all ages in today's world. It is evident that the enthusiasm for running has failed to decline and that it's unlikely to do so, at least for a long time.

One reason is that it has become clear that running is extraordinarily good for us. Pursued even in modest amounts, it helps our heart, lungs, and blood composition. Running even keeps a check on our weight control. It is probable, further more, that it makes people live longer than they otherwise would.

Running just seems to make us feel better. Runners have more enthusiasm, more energy and less anxiety and nervousness than non-runners. When we run, troubles seem to fall away like the weight we are carrying.

Long before the boom began in the mid 1970s, the occasional pioneer who ran was aware, at least in an approximate way, of these benefits. There were those who even ran COMRADES (55 miles in South Africa). These runners were looked upon as lunatics or people who were spaced out.

Running those distances, in those dark ages, seemed insane to the man in the street. Surely pioneers in days gone by were not aware that by the middle of the 70s the running bug would catch on and that it would become a major force in a large part of the world.

About Jules...

I joined Alpine Runners in 1997. Immigrated from South Africa in 1997. My wife, Janis (recently deceased), and son, Dan, took the huge step in coming to America. It was worth it. I ran my first marathon in 1978 in Johannesburg, finishing 6:45. That was the start of about 16 years of running all distances, from 5k to the ultimate Comrades. The Comrades is run from Durban (coastal city) to an inland city called Pietermaritzburg—55 miles, or about 89 kilometers, of grueling terrain. There are 5 huge mountains to cross. I ran 12 of these. One I ran with a blind runner. (That's another story.) My favorite marathon is New York; the 5 boroughs are just a great sensation to run through. I love running with Alpine. I am 72 now and trying to walk/run. My marathon and ultra runs are just memories now.





# Volunteer Profiles

**Editor's Note:** Each week, Ilisa Bush has been posting member volunteer profiles and picture collages on the Alpine Runners' Facebook page. If you are like me and not involved in Facebook, here are some of the profiles that were posted since the last newsletter. More profiles will be included in the next newsletter, too. We thank these runners for everything they have done for the club and their fellow Alpine Runners!

## Meet Kristen Schuh Devine!!

Thank you, Kristen, for everything you do for Alpine!!

### About Kristen:

I've been with Alpine for 11 years. I was working with Mary Hunt and decided to do a marathon. I was going to be one and done! She convinced me to join Alpine to train, so I did, and I continued to come back for more. I loved the people, the conversations, and the many, many, many laughs!!

Saturday mornings became the fun routine in my week, and I have NEVER been a morning person!

Mary Ann Zemla had been graciously doing the water stops every week for years, and she asked me to help out with the mile 3 water stop. I've shared it with Glen Jewett and Bob McCann, and they have been awesome team players!! I currently share the mile

7 water stop with Alec Piliakas, and it's been going great despite our frequent summer travel!

I am grateful for all of the volunteers who keep our runners going every week and do a lot of the "behind the scenes" work that people don't even realize!!

Thanks to Alpine, I'm on my way to completing my 50 states and having a blast along the way!!



# Volunteer Profiles (continued)

## Meet David Wcislo!!

For the past 25+ years, Dave has been a huge part of the club. Dave served as a board member for many years and as he mentions below, wore many hats as a volunteer. Thank you, Dave, for all that you do for the club!!

About Dave...

1. How long have you been with Alpine Runners?

25+ years

2. What do you love about Alpine Runners?

The camaraderie, the fun, the caring, the group interaction. You are all a fun-loving, hospitable group.

3. How long have you been running and what is your favorite distance to run?

I've been running for ~27 years. From the start I was hooked on marathons. It's an impossible distance for most requiring a tremendous commitment.

4. What kinds of work have you done as a volunteer or board member for Alpine?

I was water stop coordinator for about 5 years. I made sure we had adequate drinking supplies. I helped purchase a signature tent for the club. I kept/posted club membership statistics. I helped clean up the club website. I volunteered for several races, e.g. registration, course monitor, finish line monitor, race cleanup.

5. Why should others get involved?

It keeps the group alive. It's the lifeblood of a social organization. It's truly a feedback loop to self satisfaction, to base purpose in life. It's God's way of telling you that you belong to a community that cares about you.

6. What is your number one piece of advice for a new runner?





# Volunteer Profiles (continued)

"Don't give up!" You have to persist not only in running but in life. Running is a baseline extension of life. If you persist you will thrive because you have been given purpose. When that purpose is taken away from other aspects of your life, the running's purpose as low level as it might be, to perform your best, will still be there. Feeding that purpose, striving for it, will nourish your soul because it is something that is totally in your control while other things may not be.

7. Tell us one fun fact about yourself.

I'm a twin. He, also, is a marathoner. We've both accomplished finishing a marathon in 50 states.

8. Share something about yourself:

I'm strikingly handsome. But it goes without saying. 😊

## Meet Beth McCloskey!

If you know Beth, you know she's the reason that our Alpine Runners Newsletter won the RRCA award this past year. She is also the person that keeps our Busse Woods training runs going. Her endless ideas and passion for helping other runners does not go without notice. If you haven't met Beth, be sure to say hello when she's in Lake Zurich or try to catch her at a Busse Woods run on Sundays. Be sure to ask her how you can get involved!

Beth, thank you for all that you do for Alpine Runners!

About Beth:

1 - How long have you been with Alpine Runners?

Since 2009

2 - What do you love about Alpine Runners?

Camaraderie and connecting with people who also love running



# Volunteer Profiles (continued)

3 - How long have you been running and what is your favorite distance to run?

Running since 2005, favorite distance is 50K or 50 miles

4 - What kinds of work have you done as a volunteer or board member for Alpine?

I have been the Alpine Runners newsletter editor since 2013 and helping with the Sunday marathon training program in Busse Woods since maybe 2015 (?).

5. Why should others get involved?

To pass it forward and help out new runners

6. What is your number one piece of advice for a new runner?

Follow a training plan that works for you and always carry hydration!

7. Tell us one fun fact about yourself.

This may be cliché for someone who works in a library, but I honestly started running after reading *The Complete Idiot's Guide to Running*.

## Meet Michael Garfield!

Mike has been a big part of Alpine for many years and can often be found volunteering at various races like the Chicago Marathon and Shamrock Shuffle! Be sure to say hello to Michael when you see him out at our Saturday runs! Thank you, Mike, for all that you do!

About Michael:

1. How long have you been with Alpine Runners?

I joined Alpine Runners in 2000, soon after running my first marathon, Chicago.

2. What do you love about Alpine Runners?

Friendships. I have a whole new circle of close friends with one major common passion. Running.





## Volunteer Profiles (continued)

3. How long have you been running and what is your favorite distance to run?

I started running in 1999 as a challenge from a business relationship to “run a marathon before my 50th birthday.” He signed me up for Chicago in June and the rest is history.

4. What kinds of work have you done as a volunteer or board member for Alpine?

When I ran longer distances, I was the mile 5 water stop volunteer for years. I have also volunteered for Alpine Races and Chicago/Shamrock Shuffle duty.

5. Why should others get involved?

An incredible way to learn from seasoned, knowledgeable runners. And make great friends along the way.

6. What is your number one piece of advice for a new runner?

Ask questions, and listen.

7. Tell us one fun fact about yourself.

40 years ago, I auditioned for the staff meteorologist at WGN and lost the job to Tom Skilling.

8. What else would you like to share with this group?

So happy to be back with the group, for short 6 mile runs every week, after my hip replacement. I had to negotiate with my surgeon and wife to get to run 6 miles once a week.

### Meet Amanda Sola!

Amanda is our social media expert and has done an amazing job advertising our race and other events. You can see her work on our Facebook public page Alpine Runners of Lake Zurich and also on Instagram @alpinerunners. Thank you, Amanda, for all that you do!!

### About Amanda:

1. How long have you been with Alpine Runners?

I joined in anticipation of the 2017 Chicago Marathon training cycle, so about 5 years!

2. What do you love about Alpine Runners?

Mostly the support and advice! I can have a terrible run or terrible training cycle, and not only have my fellow Alpine runners probably experienced it themselves and can sympathize, they can recharge my mental battery with their unwavering support.

# Volunteer Profiles (continued)

3. How long have you been running and what is your favorite distance to run?

That's fun to answer - I played soccer in HS and then dabbled with running to stay in shape after school. I ran my first 5k without stopping in 2015 and that's when I realized how cool running could be! My favorite distance to run is 5 miles. It's a comfortable yet challenging distance. For racing though, it's a half marathon!

4. What kinds of work have you done as a volunteer or board member for Alpine?

I help make posts for Instagram and drum up some conversation for members on Facebook.

5. Why should others get involved?

Personally, this group is so much fun and it's unbelievably low-cost in terms of dues, so I sort of see helping as a way to say "thank you."

6. What is your number one piece of advice for a new runner?

To listen to your body when something hurts and to have fun! We get so lost in having the right products and getting social media likes or running for specific race goals that sometimes we forget to sit back and appreciate the sport and our bodies for what they can do!

7. Tell us one fun fact about yourself.

I went vegan in June 2020 and have loved that decision for so many reasons!

8. Tell us more!

I recently decided to go back to school to finish my Bachelor's Degree and then take a stab at the LSAT and law school!



# Running Book Recommendations

By Beth McCloskey, *Alpine Runners* newsletter editor

As I am an avid fan of books and movies about running and other endurance sports, each newsletter will feature a few recommendations that I would like to share with you. These books are available through Amazon and your local library! Many are also available as e-books.

*Master the Marathon: The Ultimate Training Guide for Women* by Ali Nolan

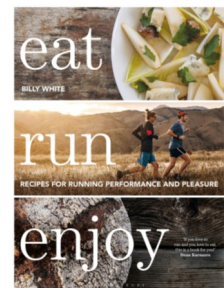
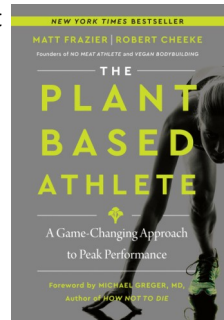
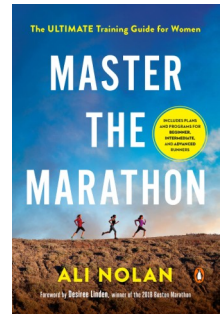
While I was a little skeptical about this book at first (she had a few historical facts incorrect at the beginning), it turned out to be a pretty solid guide to running marathons. Her bio said she only has run a handful herself, which added to my skepticism, but she was a former contributor to *Runner's World* and cites a number of reliable sources. While there is nothing earth-shattering here, I think it contains some great advice for those new to marathons. It also contains some warm-up and strength training moves that we all should be doing (see Coach Tom's article on page 12). While the subtitle indicates this book is for women, most of the advice seems like it could apply to anyone, so not only women should take a look at it, if you are planning on training for a marathon!

*The Plant-Based Athlete: A Game-Changing Approach to Peak Performance*  
by Matt Frazier and Robert Cheeke

Those of you who know me, know I went vegan a few years ago, so the information in this book was not completely new to me. If you have thought about going vegan/vegetarian, or just cutting back on animal products, this book should reassure you that it won't affect your running in a negative way. While the constant overselling of this lifestyle seemed like a bit much even to me (it's not a miracle cure for every physical ailment), I do think it is beneficial to show people what their options are. The authors cite many studies and include a number of profiles of plant-based athletes. While they include many types of athletes, not just runners, it gives some persuasive evidence that may appeal to many of you.

*Eat Run Enjoy: Recipes for Running Performance and Pleasure* by Billy White

To offer a balanced perspective, for those of you not interested in the above plant-based recipes, you might be interested in the gourmet recipes in this book targeted at runners! While many seem pretty complicated to me, if you are a foodie, I'm sure you will enjoy the unique and varied recipes he includes (and some are vegetarian). I really enjoyed the trail runner profiles that he included, too.



## Alpine Sponsors

Did you know that many local businesses support Alpine Runners and the Alpine Races? We encourage members to patronize these businesses to thank them for their donations. Thanks to these businesses for their support!

- |                                    |  |
|------------------------------------|--|
| -Advocate Good Shepherd Hospital   | -Lake Zurich Family Martial Arts   |
| -All Ways Healthy                  | -Orangetheory Fitness  |
| -Barrington Orthopedic Specialists | -PNC Bank  |
| -Buehler Y-TRI                     | -RE/MAX Unlimited Northwest, Cherie Smith Zurek                          |
| -Casten Body Shop                  | -Road Runner Sports: Mention you are an Alpine Runner for extra rewards! |
| -Gatorade Endurance                | -RUSH Physical Therapy   |
| -Goodyear—Lake Zurich Tire & Auto  | -Tacos El Norte  |
| -Gustafson Eye Care                | -Timothy Grant Jewelry, Ltd.   |
| -Hawthorn Woods Family Dental      | -Workonomy Hub Coworking/OfficeMax                                       |
| -Kaplan Orthodontics               |  |



# Coaching Corner

The Coaching Corner article is presented by Tom Dvoratchek, Body Physics Endurance Coaching.

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## Winter Reset

As I write this Coach's Corner article, the switch has been turned on, and winter has arrived. It's dark sooner, the temperatures have dropped, and the wind has picked up. So it seems more appropriate than the last few years to suggest you might want to start focusing on the off-season. I will also write about goal setting for next year's races in the following article, to some degree.

However, I think it is more appropriate to allow this year's racing to come to an end and not think about next year's racing and schedule just yet. Instead, why not shut down the speedy miles and focus on just getting out and running as you feel? Drop the mileage and number of days back a bit. Focus on replacing the time spent on racing, along with longer runs and extra days of running, with working on mobility and strength. Start building a more considerable foundation for next year.

At this time of the year, I drop volume and intensity for my runners. The body needs a reset. And carrying the high volume and intensity into shorter days and holiday stress tends not to end too well. So begin with some mobility work and do some stretches and movements that help your body move in different planes than the straight lines we practiced all summer. Not everyone feels safe inside in the health clubs yet, so if that's the case, much of what I speak of is doable at home with the guidance of YouTube, apps, or online classes. Take some yoga, enjoy some simple dance classes, or take an online workshop on mobility work (for a new but great mobility app, go to [thereadystate.com](http://thereadystate.com)). Move the hips and shoulders in different ways than you do when you run. Wake up the dormant muscles. Do this 1-2 times per week. You can also stop your run a mile or two sooner and just do some grapevine steps, extra stretching, and a few yoga-type poses. Then add a day or two of strength training per week to top it off!

December and January are an excellent time to get back to some full-body strength training. If you've maintained strength all year, add back heavier lifts (reps of 6-10) and work towards more complex strength movements in February and March. If you have done no strength training, then start with lower weight and higher reps (reps of 12-15) to get your form and allow your body to get used to strength demands. But only do this for 4-8 weeks, then focus on building to lower reps (8-10 reps) with heavier and more challenging weights. This progression will help your body become more durable to the demands of running. Remember that every good strength program has five main components--a push, a pull, a squat, a hinge, and a press--with, arguably, one extra component consisting of anti-rotation. All good programs

## Coaching Corner (continued)

should include them all. Most of us run to be healthier, but running and cardio are just one part of being healthy. Strength and mobility are certainly two others. (Quality sleep, good nutrition, and mental health would need to be included in the definition of a healthy person, too.) So, as we go to the off-season, let's see if we can chip away at mobility and strength. Being an endurance coach and a strength coach for three decades and having worked with athletes, aging adults, and those in post-rehab, I know this can be an overwhelming task to figure out on your own. So, I encourage you to reach out to a qualified personal trainer, strength coach, or physical therapist to guide you through a balanced program designed for your specific needs. The individuals who work in these fields know how to build programs that will help you become more durable against injury and increase your performance for the coming season.

One other piece of advice I can offer is to replace your speed training with running hills (or, even better, running hill repeats). This addition to your workout will build specific strength and fit right in with helping you increase your durability, not to mention running economy. Now a few quick tips on hill repeats. First of all, find 2-4 hills you can rotate through. Find ones where there is little or no traffic, ideally, a road where the ground might be free of ice most, if not all, of winter. If weekdays are not suitable for this, mix your hill repeats in with Saturday or Sunday long runs. Extend your warm-up from 1-2 miles, then do repeats including intervals of 1 minute, 2 minutes, and 3 minutes. (In our area, finding hills longer than 2.5-3 min is difficult.) Ideally, these hills should be 3-6% grades (3-5% being the best), but even a 2% grade will work. Focus on doing 10-20 minutes of total work, just like you'd do for speed work, so if you have a 2-minute hill, start with 5-7 repeats and work up to 8-10 by spring. The goal is to run the hills strong, but not like a race; the grade provides much of the load, so you don't need to race these. Just run them strong. Uphill running strengthens and improves your running form (you increase your arm drive, hip extension, knee drive, and strengthen your Achilles), all of which are very beneficial. Once you've done your last hill, do a 1-3 mile easy cool-down. This technique will likely give you both the endurance of a long run and the strength component we seek.

There are numerous dead-end streets uphill in the Barrington area, not to mention some good hills in Cary and Fox River Grove (think about near Norge ski jump). I'm sure you can find 3-4 hills you can rotate through every 3-4 weeks. The great thing about this is that you'll see the progress you are making when you return to the hill 3-4 weeks later. Most of these hills can be found on low-traffic streets that get salted in the winter, so you can find time Saturday or Sunday morning to drive to an area and run back and forth reasonably close to your car. This means you are close to warmer clothes, if you don't have enough layers on during those colder days. I have used a few hills like this for years for this exact purpose on the bike, running, and even doing roller ski repeats (think cross country skis with wheels). The neat thing is many of the hills are lined by trees and homes that block the wind. So even on a windy day with bright sun, you can get in a very warm workout! In the spring, when storms are threatening, and it would seem unwise to run a 5-8 mile

## Coaching Corner (continued)

looped run, I can park near a hill, run a short warm-up and then do hill repeats. And if the weather turns quickly, I am typically only 1-3 minutes from the car and can get to safety quickly. Many times, I've gotten in all, or most, of my repeats and only had to skip the cool-down, which I could do in the safety of my home.

Details on hill repeats and tips:

#1: Run warm-ups on a flat area, 1-2 miles.

#2: Do 10-20 min. total of work (the uphill running part).

#3: Hit the lap button at the bottom and the top of the hill; the goal is to have the same time from bottom to top every time, within a second or so.

#4: Once at the top, jog very slowly back down the hill allowing your body to recover. You can even walk backward down the first ¼ of the hill to stretch your Achilles and hamstrings.

#5: Pick a starting spot and stopping spot you can locate the next time (stop sign or tree, etc...), so you can compare performances from week to week.

Check out the following link to my video, where I explain the same things I spoke about in this article and include some pictures or video examples:

<https://www.loom.com/share/11376bc8099c429b847205cb61e1c210>

I hope everyone has a happy and healthy holiday season!

Coach Tom

Tom Dvoratchek is the owner of Body Physics Endurance Coaching which provides in-home personal training, online endurance coaching (coaching runners, triathletes, cyclists, and cross country skiers), and studio fitness training. Tom is a RRCA Certified Running Coach, USAT certified coach, and USAC certified coach. He is a Certified and Degreed Personal Fitness Trainer. He has coached college, high school, Junior Olympic, and developmental athletes. He has been a runner since age 12. He is an avid, silent sport endurance athlete himself and has competed in events from the 400M to 24-hour events. His current passions are in mountain bike racing, and solo time trialing on the bike and in the winter, cross-country ski racing. Tom also enjoys kayaking and trail running. He lives in South Elgin where he enjoys sharing this active lifestyle with Cole, 16, and Kiera, 13, and Erika who is a Chiropractic Physician and silent sport athlete herself.





# Nutrition News You Can Use

## Nutrition News You Can Use

### The “Off” Season Nutrition

Dina Genovese, RDN, CPT-NASM

The days are noticeably shorter and the darkness is pervasive, or at least that is what it feels like. As the days get shorter it becomes that much harder to get regular workouts in and much easier to spend more time getting familiar with the couch. One way to think about this time of year is to take some much-needed time off from grueling hours on the road and embrace something new, like eating healthy. When we think of eating healthy, usually we think of weight loss or heart health, or focus on fueling for exercise health. It's often easy to forget about the structure that keeps our body upright and supported—our skeletal system! We don't think about our skeletal system much until we have an injury but the off season is a good time to implement some healthy habits that will keep your skeletal system strong and in top shape.

**Get enough protein**—Protein is important for runners in many ways. First, protein helps your body absorb and retain calcium, and we all know calcium is essential for our bones. Second, the amino acids from the protein that you eat become the building blocks of other proteins found in bone, such as collagen and osteocalcin. Try to include a good source of protein at every meal to get the maximum benefit. Studies show that 20 grams of protein is the ideal amount at each meal to maximize tissue building and prevent muscle breakdown. Good sources of protein include lean meats, fish, beans, lentils, quinoa, Greek yogurt, and cottage cheese. It's easy to overdo protein though—a good starting point is to take your body weight and divide by two; aim for that number of grams of protein daily spread throughout the day.



**Eat fruits and vegetables**—Fruits and vegetables pack a serious bone-benefitting punch. They provide micronutrients that promote bone health, including Vitamin C, K, potassium, magnesium, manganese, and boron. Be sure to make half your plate vegetables at meal time, and incorporate either a fruit or vegetable at every snack. Aim for at least two fruits per day and 4-5 vegetables. It's easier than you think to get these servings in if you add half a banana to your oatmeal or morning smoothie. Add lettuce, tomato and onion into your sandwich, or start your evening meal with a tossed salad.



## Nutrition News You Can Use (continued)

**Eat omega-3s**—Omega-3 fatty acids have been known to have anti-inflammatory properties which can suppress the production of cytokines, a protein that has been associated with bone loss. Aim to eat an omega-3 rich fish like salmon, tuna or mackerel twice a week. Include other sources of omega-3s such as flax seed, flax seed oil, canola oil, walnuts, and avocado daily. If you are not a fish lover, consider adding a fish oil supplement.



**Calcium and Vitamin D**—Calcium is the major component of your bones, and Vitamin D has many bone-promoting functions, including increasing calcium absorption. Foods rich in calcium include milk, yogurts, spinach, kale, collards, okra, soybeans, and some fish (sardines and rainbow trout). Foods high in Vitamin D include fatty fish (tuna and mackerel), egg yolks, and fortified products like orange juice, cereals, and some soy and dairy products. Double dip and get calcium plus Vitamin D from certain fish (such as salmon and sardines), and fortified foods such as orange juice, cereals, dairy and soy products. You can also get Vitamin D from sun exposure, so taking your workout outside can increase your Vitamin D levels! However, we often can't get enough sun exposure to make adequate Vitamin D in the fall and winter months, so supplementing with vitamin D is also a good idea.

**Weight-bearing exercise**—Yet another reason to "pump some iron!" Weight-bearing exercise is a crucial part of bone health. By repeatedly exposing your bones to impact, you are stimulating bone growth and remodeling. This time of year when the weather may keep you indoors is a good time to try some resistance training, even using your own body weight. There are many free apps that have short workouts you can do at home such as the 7 Minute Workout.

For more information or a detailed personal nutrition plan, contact Dina Genovese at Dina's Nutrition That Fits, [dinasnutritionthatfits@gmail.com](mailto:dinasnutritionthatfits@gmail.com).

# Recipe: Enchilada Casserole

Submitted by Beth McCloskey, from *The Vegan Cookbook for Kids* by Barb Musick

Editor's Note: As a children's librarian, I have taught cooking classes for kids/teens at my library for many years. They are currently on Zoom, and I recently made this recipe with several different age groups. It was a big hit, and great for the whole family! Or, if you are single like me, then you have dinner for the entire week!

## Ingredients:

- 15 oz. can of black beans
- 1 bell pepper, any color (for extra veggies and a more colorful dish, use two peppers of different colors such as a red pepper and yellow pepper)
- 1 cup sweet corn
- ½ teaspoon onion powder
- 10-oz. can of mild enchilada sauce
- 8 (6-inch) corn tortillas, torn in half (you may not use all of them, depending on the shape of your baking dish)
- 1 cup shredded cheese (This recipe is from a vegan cookbook, so it called for non-dairy cheese, but any shredded cheese will work.)
- Optional toppings: sliced avocado, sour cream, guacamole, fresh cilantro

## Directions:

1. Preheat the oven to 400°F.
2. Drain and rinse the black beans and place them in a medium mixing bowl.
3. Prepare the corn: Drain the corn if you are using canned corn, or thaw the corn if you are using frozen corn. Add to the bowl of black beans.
4. Dice the bell pepper(s) and add to the bowl of black beans and corn.
5. Add the onion powder to the bowl, and stir to combine.
6. Start to layer the casserole: Spread 2 tablespoons of enchilada sauce on the bottom of a 1½-quart baking dish (an 8" square glass dish works well), then top with a layer of tortillas. Tear the tortillas and arrange them to create a single layer without overlap. Add about ⅓ of the black bean mixture, followed by about ⅓ of the enchilada sauce. Spread each layer evenly with the back of a spoon or rubber spatula. Sprinkle ¼ cup of cheese on top.
7. Continue to build the layers: Add another single layer of tortillas. Press down gently with your fingertips to make sure the layers are packed in. Spread about half of the remaining black bean mixture over the tortillas, followed by about half of the remaining enchilada sauce. Make sure everything is even. Sprinkle on another ¼ cup of cheese. Repeat one final layer of tortillas, followed by the remaining black bean mixture and remaining enchilada sauce. Top with the final ½ cup of cheese.
8. Cover the casserole with aluminum foil and place it on the middle rack of the oven. Bake for 30 minutes, or until the cheese is melted and the casserole filling is hot.
9. Serve warm with any of the optional toppings.





## RRCA Article: Quarterly Update

Usually for this December Alpine Runners newsletter, I list the Road Runner Club of America Championship Races scheduled for the following year. As you all know, it's been a tough year for running events. While many events were canceled (including the Alpine Races), others were delayed, or held virtually. At this time, we have had several applications for hosting championship races, but the deadline has been extended beyond the cutoff for this issue. So instead, I decided to share with you RRCA CEO Jean Knaack's Quarterly Summary. Some of our members are still unsure about participating in road races because of Covid. Jean addresses that in her article.

Doug Pitchford, Illinois RRCA State Representative

*Quarterly Update from Jean Knaack, RRCA CEO*  
RRCA News / By Jean Knaack

On March 4, 2020, I shared the first notice to members about managing events with the emerging threat of a virus that was seemingly sweeping the globe (SARS-CoV-2 or COVID-19). Shortly thereafter, the RRCA was forced to cancel its 2020 convention followed rapidly by a global shut down of all live events due to the deadly pandemic. It is a tragic fact that the virus became the third leading cause of death in the United States<sup>1</sup> in 2020 and has killed over 703,000 people in the US in a short period of time.

While the shutdown of the running community/industry, and the economic challenges that were inflicted, are an ongoing challenge, in retrospect, the running community played an important role in limiting the spread of the virus by making sacrifices to protect society. In fact, protecting the whole, or the pack, as we call it in running, has long been a primary ethos of race directing and running community leadership.

Fast forward 18 months. While pandemic conditions remain a real and ongoing threat to society, we have opportunities to be optimistic and pro-active that will allow the running community to continue to rebuild in the coming months.

To keep moving forward, it is important to note the fact that vaccines save lives<sup>2</sup>. Vaccines are the path back to normalcy. A good example is to look at data coming out of colleges where vaccinations have been required for in-person attendance. Once such school, Virginia Tech (VT), shared some promising news recently, outlining how their efforts have had a positive impact. VT President Tim Sands outlined in three concise points: **mitigation measures work, vaccines are making a difference, and outdoor events have not been associated with**

## RRCA Article (continued)

**an increase in COVID-19 incidence<sup>3</sup>.** While this editorial is only one data point, it echoes what we are seeing and hearing with RRCA members around the US.

### Reasonable mitigation measures include:

- Following local and state guidelines and mandates for live events including masking requirements and proof of vaccination for entry;
- Messaging to participants encouraging them to stay home if they are sick or have symptoms and offering a deferral option to encourage the sick to stay home;
- Showing proof of vaccination at packet pick-up (the live music industry has adopted this method pro-actively and successfully);
- Requiring masking at the start and finish line and in common spaces;
- Providing hand sanitizer at touch points (toilets, packet pick-up, etc.);
- And more.

For many months now, RRCA members have been able to host events around the country. Those that have enforced reasonable mitigation measures have reported no outbreak occurrences, which tracks with trends and reporting from other live event industries that have employed similar mitigation measures. While there has been an occasional one or two cases of COVID-19 reported to a race director post-event, so far running events have not been reported to be super spreader events, mainly due to good mitigation measures and the good health status of participants.

As of September 30, 2021, the recovery rate for the number of events that have occurred compared to 2019 has exceeded 78%. However, we have a way to go to rebuild consumer confidence and participation, with participation in events as of the end of September at 48% compared to the numbers we tallied in 2019. As we near the half-way mark of recovery, we are optimistic that the running community is headed in the right direction as we look to 2022. The continued use of mitigation measures coupled with rebuilding consumer confidence in live event participation will be critical to ensuring a full recovery by this time next year.

About RRCA: The Road Runners Club of America (RRCA) is the oldest and largest national association of running organizations and runners dedicated to growing the sport since 1958. The RRCA champions the development and success of community-based running organizations that empower all people to participate in the sport of running in pursuit of enjoyment, health, well-being, and competition. Learn more at: [www.RRCA.org](http://www.RRCA.org)

1. <https://jamanetwork.com/journals/jama/fullarticle/2778234>
2. <https://www.bmj.com/content/374/bmj.n2282>
3. [https://vtx.vt.edu/articles/2021/09/president-covid19-update-sept20.html?utm\\_source=cmpgn\\_news&utm\\_medium=email&utm\\_campaign=vtUnirelNewsStudentCMP\\_student-092121](https://vtx.vt.edu/articles/2021/09/president-covid19-update-sept20.html?utm_source=cmpgn_news&utm_medium=email&utm_campaign=vtUnirelNewsStudentCMP_student-092121)

# Alpine Board Meeting Minutes

## Alpine Runners Board Meeting Wednesday, July 14, 2021, 7:00 p.m. Zoom Meeting Approved Minutes

**Present (8):** Alice Chin, Brian Foss, Mary Hunt, Bill Kelley, Jeannette Legge, Bob McCann, Janet Schultze, Mary Ann Zemla

**Absent (3):** Ted Gallagher, Beth Onines, Doug Pitchford

Zoom meeting presided over by Mary and called to order at 7:05 p.m.

**Approval of the Minutes:** A motion was made to approve the minutes from the meeting on May 12, 2021. They were approved. Action items were reviewed and covered at end of meeting.

**Treasurer's Report:** Doug sent the July 2021 bank statements to the executive board. The Club account balance is \$21,679.89 and the Race account balance is \$12,965.76. Membership dues and race sponsorships continue to be down from a year ago, but spending is also down.

### Committee Reports:

- Membership: We have a total of 275 paid members, up from 249 members in May. It was emphasized that there is a need to encourage all non-members who are participating in group runs to join the club and pay membership dues. We will continue to spread the word at group runs to remind non-paying runners to join.
- Alpine Races: Brian reported the Races Committee is continuing with plans for a 5k and 10k race event on Sunday, September 26, 2021, at Lake Zurich High School. Race information was posted 3 weeks ago on the website, though only 5 participants have signed up. There needs to be approximately 300 runners to break even on costs. The races committee meeting will be scheduled next week to discuss a promotion plan, including emailing past participants. The deadline of August 15 was set to make the decision on holding the race (road construction is also a concern that could impact the event).
  - ⇒ Action item: Race Committee to develop a marketing plan to promote race in emails, announcements, social media, contacting other local running clubs, etc.
  - ⇒ Action item: The deadline of August 15 was set to make the decision on holding the race (road construction is also a concern that could impact the event).
- Sponsorships: Bill reported five sponsors expressed strong interest in this year's races. Bill and his committee will continue to contact past sponsors for their support.
- Communications/Alpine Newsletter: Mary commented on the outstanding support provided by the social media crew and by Beth McCloskey for the newsletter.
- Website/Club Express: Bob has made significant improvements to the club's website through Club Express. The site is a work in progress and redesigning the home page is the next project to do with Alice, with plans to add scrolling photos to the top section.

# Board Minutes (continued)

⇒ Action Item: Bob to ask Mary to request more current photos to add to the home page.

- Water Stops: Bob is filling in as the Water Stop chair in the interim with Ryan's move. Bob reported that the club is using Gatorade powder and there is plenty in stock, along with cups. There is a need for volunteers to stock the Mile 11, 14 and 17 water stops.

⇒ Action Item: Bob to ask Mary to solicit water stop volunteers in the announcements.

- Colors: Janet commented that it is du-rag season, and we should promote the club's du-rags on our website.

⇒ Action Item: Janet to ask Squad Locker for a sales report on club items sold online.

- Adopt-A-Highway: Mary Ann reported she intends to plan a day to hold a clean-up along our adopted section of Route 22. She has been in contact with IDOT to confirm we are not delinquent in holding a clean-up event in consideration of the pandemic.

## Topics:

- Board Meeting Future Location: Paulus Park has reopened for business; however, the club's board meetings conflict with other programs at the facility. An option is to use the space offered by Office Depot; however, their office closes at 8:00 p.m. and board meetings tend to run closer to two hours. The future location has yet to be determined.

⇒ Action Item: Mary to add this topic to the September 8 board meeting, which will be on Zoom.

- New Board Member: A replacement is needed for Ryan's position. The board will continue the search for a 12<sup>th</sup> board member through announcements and word-of-mouth.
- Group Runs: Information for group runs will be added to the website, for runs held on the remaining days of the week beyond Saturdays.

⇒ Action Item: Bob will add information on group runs for Tuesdays, Wednesdays, Thursdays and Sundays.

- Training Programs: Alice reported that the next 5K Training Program is starting on August 3. A 10k training program has also been added that will start on August 3. Thursday runs will focus on building endurance for the 10k participants.
- Summer – Social Activities: Bob and Bill will look into holding a social event at Wauconda's city-sponsored concert on August 5<sup>th</sup>.
- New Member Greeters: Mary reported that this is starting up and how important it is to welcome new participants and members, and to help them find a pace group to run with.
- Lake Zurich Triathlon: Mary mentioned it was a successful event and we had several volunteers. Names will be mentioned in a future announcement.

- Follow-up on Past Action Items:

⇒ Safety Training/Certification for Road Flaggers and Minimum Age for Race Volunteers: Janet suggested looking into Safe Sport Training. Brian will investigate.

- Next Meeting: Wednesday, September 8, 2021, at 7:00 p.m., via Zoom. The board is researching in-person meeting rooms and will investigate using past options, like the restored Paulus Park Barn and Office Max. Pandemic procedures and business hours have reduced our options and these plans may change. The remaining scheduled board meeting for 2021 after this one is November 10. Today's meeting was adjourned at 8:57 p.m.



# Alpine Board Meeting Minutes

**Alpine Runners Board Meeting**  
**Wednesday, September 8, 2021, 7:00 p.m. Zoom Meeting**  
**Approved Minutes**

**Present (10):** Alice Chin, Brian Foss, Ted Gallagher, Mary Hunt, Bill Kelley, Jeannette Legge, Bob McCann, Doug Pitchford, Janet Schultze, Mary Ann Zemla

**Absent (1):** Beth Onines

Zoom meeting presided over by Mary and called to order at 7:02 p.m.

**Approval of the Minutes:** A motion was made to approve the minutes from the meeting on July 14, 2021. They were approved.

**Treasurer's Report:** Doug sent the August 2021 bank statements to the executive board. The Club account balance is \$21,549.67 and the Race account balance is \$10,376.89. Net income is approximately \$3,800 down from the prior year. Races were canceled and refunds have been paid out to participants who had registered. An upcoming expense is for the Port-A-John, which will be \$1400.

## **Committee Reports:**

- Membership: We have a total of 298 paid members, up from 275 members in July. The board discussed the ongoing concern about some members not paying their dues. The board agreed to sending a letter to non-paying members listing how the dues are used to pay for important club benefits, including insurance and the port-a-john, to encourage them to pay their dues. Communications about renewals for 2022 membership will be sent out at the end of the year.  
     ⇒ Action item: Janet and Jeannette to draft a letter to have the board review and then have sent to the non-paying members.
- Alpine Races: With the cancelation of the 2021 races due to the road construction issues, the board discussed how it will be important to have more sponsors on board for next year's races.
- Sponsorships: Bill and his committee will continue to contact past and potential sponsors for their support for next year's races.
- Communications/Alpine Newsletter: No new updates.
- Website/Club Express: Bob has made significant improvements to the club's website through Club Express. The site is a work in process and is updated weekly with key information.
- Water Stops: Bob reported that the club has plenty of cups and Gatorade in stock. Volunteers have been available to cover for the long-run stops.
- Colors: Discussed featuring a specific club item on social media or the website as a way to promote our colors.

# Board Minutes (continued)

- ⇒ Action Item: Janet to share item details with Bob for the web and social postings and rotate approximately monthly.
- Adopt-A-Highway: The board inquired on the status of our club as an owner of cleaning up the section of Route 22 that we have been sponsoring. We have not had to hold a clean-up event since the pandemic began.
  - ⇒ Action Item: Mary Ann to confirm status with IDOT and will schedule a clean-up day if necessary to maintain status as a sponsor.

## Topics:

- Board Meeting Future Location: The barn at Paulus Park is not available for meetings. The board discussed other potential locations: The Chalet (Park District), the library, or even the Barnes & Noble café in Deer Park. Board members agreed to be able to meet in person for the November board meeting and hold via Zoom for those who can only attend remotely.
- Group Runs: The Cuba Marsh evening group run will be moving to Paulus Park with sunsets closing the park earlier now.
- Training Programs: Alice reported that attendance has been trickling down.
- Planned Events: The club has two upcoming events:
  - ⇒ A Chicago Marathon informational session will be held on September 22 at Breezewald Park at 6 p.m. where Carey Pinkowski will talk. The event was originally planned for September 14. The club will announce the event on social media.
  - ⇒ The club will participate as an exhibitor at the Lake Zurich Area Chamber of Commerce 'Everything Expo' on Saturday, October 30.
- Social Events: The board will assess the feasibility of a post New Year's event at the November board meeting.
- New Board Member: A replacement is needed for Ryan's position. The board will continue the search for a 12<sup>th</sup> and possibly a 13<sup>th</sup> board member through announcements and word-of-mouth. Nominations are needed by the November meeting.
- Next Meeting: Wednesday, November 10, 2021, at 7:00 p.m., location TBD and via Zoom. The schedule for board meetings for 2022 will be determined. Today's meeting was adjourned at 8:18 p.m.

# ALPINE RUNNERS

## MEMBERSHIP APPLICATION

The **ALPINE RUNNERS** were formed to help the individual runner share their experiences with others and to provide the means to encourage and further the sport of running, regardless of ability.

*"Be a part of one of the largest and best organized running clubs in Chicagoland."*

### *Membership benefits include:*

- Special meetings with guest speakers knowledgeable on many different running related subjects.
- Quarterly newsletters include a variety of information on running, nutrition, etc.
- Fun Runs providing help and companionship in your training.
- Entry into the Alpine Predictor Race.
- Many different educational running programs including Marathon Training.
- A large variety of social activities including our Winter Holiday Party, our Summer Family Picnic, and much, much more.

### *Membership fees:*

- 1-year single membership = \$25.00, 3-year single membership = \$60.00
- 1-year family membership = \$35.00, 3-year single membership = \$90.00

*Please fill out the form below and send this signed page and your check to the Alpine Runners.*

Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Street: \_\_\_\_\_ Birthday: \_\_\_\_/\_\_\_\_/\_\_\_\_

City, State, Zip: \_\_\_\_\_

Weekly Mileage: \_\_\_\_\_ Years Running: \_\_\_\_\_ Years Member: \_\_\_\_\_

Personal Records: 5K \_\_\_\_\_ 10K \_\_\_\_\_ 10m \_\_\_\_\_ 1/2M \_\_\_\_\_ M \_\_\_\_\_

**THIS IS AN IMPORTANT WAIVER OF LIABILITY.** READ CAREFULLY BEFORE SIGNING. In consideration of your accepting this entry and other good and valuable consideration the receipt and adequacy of which I hereby acknowledge, I, the undersigned, intending to be legally bound, hereby, for myself, my family, my successors, assignees, heirs, executors and administrators, forever waive, release and discharge any and all rights, claims for damage, causes of action whether in law, equity or otherwise, known or unknown, that I or any of them may have against the Alpine Runners, the State of Illinois, the City of Lake Zurich, the City of Schaumburg, the City of Barrington, any and all sponsors of the Alpine Runners and their officers, directors, employees, volunteers, independent contractors, agents and representatives, successors and assigns, for any and all injuries, illness or other harm suffered by me in or as a result of my membership in the Alpine Runners. There will be no refunds for any reason. The Alpine Runners shall not be liable for any actual or consequential damages. I attest that I am physically fit and have sufficiently trained to participate with the Alpine Runners and that my physical condition has been certified by a licensed medical doctor. I am aware of the dangers and precautions that must be taken when running in warm or cold conditions and on uneven surfaces. I further assume and will pay my own medical and emergency expenses in case of an accident, illness or incapacity regardless of whether I have authorized such expenses. I am over 17 years old. I hereby grant permission to the Alpine Runners to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any legitimate purpose including commercial advertising.

I have read this waiver carefully and understand it.

Signature of Applicant \_\_\_\_\_  
(or signature of parent or guardian if applicant is under 18 years old)

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Send form and check to: **ALPINE RUNNERS**, 20 Jonathan Street, Lake Zurich, IL 60047

You may also register for membership and see much more information at: [alpinerunners.com](http://alpinerunners.com)

# ***ALPINE RUNNERS***

## **Club Membership Waiver of Participation**

I agree that I, \_\_\_\_\_ [NAME OF MEMBER], am a member of Alpine Runners of Lake Zurich, (hereinafter "the club"), and I know that running in and volunteering for organized group runs, social events, and races associated with the club are potentially hazardous activities, which could cause injury or death. I will not participate in any club organized events, group training runs or social events, unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform all activities associated with the club and am in good health, and I am properly trained. I agree to abide by all rules established by the club, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the club and agree to abide by them. I assume all risks associated with being a member of the club and participating in all club activities, which may include but are not limited to: falls, physical contact with other participants/members, volunteers, race personnel, contract service providers, employees, and spectators including the potential contraction of a communicable disease resulting from contact with other participants/members, volunteers, race personnel, contract service providers, employees, and spectators. I assume all risks including: the effects of the weather; high heat and/or humidity; freezing cold temperatures; traffic and the conditions of the road including surrounding terrain. I further agree to abide by the Center for Disease Control's (CDC) recommendations for the prevention of the spread of the 2019 Novel Coronavirus Disease (COVID-19) and other communicable diseases, and I attest to having read the CDC's guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>. I assume all such risks being known, appreciated, and accepted by me.

I understand that bicycles, skateboards, baby joggers/strollers, roller skates or inline skates and animals are not allowed in club organized runs or events, and I will abide by all rules of the club. Having read this waiver and knowing these facts and inconsideration of your accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release the Alpine Runners of Lake Zurich, and the Road Runners Club of America, all club sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the club activities, even though that liability may arise out of negligence or carelessness on the part of the persons or organizations named in this waiver. In addition, I acknowledge the contagious nature of COVID-19 and other communicable diseases and voluntarily assume the risk that I may be exposed to or infected by COVID-19 and/or other communicable diseases by participating in any activities associated with the club. I acknowledge that such exposure or infection may result in personal injury, illness, permanent disability, and/or death. I understand that the risk of becoming exposed to or infected by COVID-19 in connection with my participation in any club activities, and personally assume this risk.

I grant permission to all of the foregoing to use my image in photographs, motion pictures, recordings or any other record of the club for any legitimate purposes. I understand that the club does not provide for refunds in the event of cancellations of services, and by signing this waiver, I consent that I am not entitled to a refund if any club activities including events are canceled.

Member's signature:

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Date: \_\_\_\_\_

Parent's Signature if under 18 years:

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Date: \_\_\_\_\_